

Activity of Men's Action Network

Aims and objectives

Aim is "Promoting the Health and Well-being of men in the North West of Ireland" by offering advice, counselling and support in a range of issues such as Men's Health Education and Health Promotion, with the objectives of:

- Stimulating the growth of community self-help initiatives among men in the North-West Area
 - Facilitating communication between men on issues relating to their health, well-being and changing role in society and to help establish such facilities/services deemed necessary.
 - Seeking to create new services to meet the current emotional, physical and mental health needs of men.
 - Seeking to create pre-emptive support as well as active response to men experiencing crisis.
 - Providing information on issues relating directly to men's health and well-being.
 - Helping promote the holistic well-being of society through the participation of men in self-help groups which foster respect for both men and women equally.
 - Working in conjunction with women's organisations and other relevant groups towards mutual understanding, social inclusion and equality.
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Creator/owner/responsible institution

Name: Men's Action Network

Stakeholder: Civil society organisation

Area of intervention: Men and gender equality

Organisation Country: United Kingdom

Organisation City: Derry

Organisation Address:

40 Carlisle Road

Organisation Zip Code: BT48 6JW

Organisation Phone: +44 442871377777

Contact person:

- **Name:** Michael Lynch
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Contents/activities/services

Activities

M.A.N. provides the following services and programmes:

- Confidential telephone helpline
- One-to-one support for men who feel they would like to talk with someone, in person, on any issues affecting their lives.
- Counselling specifically for men
- Fathers support service for men experiencing difficulties as a result of family break down or child contact difficulties.
- Your Space: a weekly self-help support group
- Anger Awareness Programme: an early intervention and preventive measure to give insight into anger and aims to prevent unhealthy /abusive social or domestic interactions .
- Choices Programmes: a series of self-awareness modules which explore lifestyle choices and their consequences (eg. general health and wellbeing; emotional health; abusive lifestyles; anger awareness; sustainable relationships)
- Residential Programmes (eg. masculinity, fathering, depression, addiction, spirituality, relationships. violence. loss. identity)

Metadata

ONGOING: Ne

TYPE: Awareness-raising campaigns/events, Network, Counselling / Mentoring / Coaching program

TARGET GROUP: Young men (15-25), Adult men

KEYWORDS: [men and gender equality](#)